

Anxiety Coping Skills

Worksheet

Anxiety Coping Skills

Some coping strategies are given below. These coping styles will help you to reduce your anxiety level in both short term and long term situations.

Coping in emergency situations (short term)	Coping strategies (long term)
Relax your body e.g take a deep breath 10 times	Identify your triggers and try to solve them
Challenge your thoughts e.g search for evidence in favor or in against your thoughts	Identify your negative thought patterns
Change your focus e.g find five things which you could touch e.g chair, sofa, etc or find five things which you could only feel e.g air, smell etc	Restructure your negative thoughts and replace them with positive thoughts
Try figure out something pleasant about the situation e.g the arrangement is so beautiful, I will meet new people	Make amendments to your diet
Try to talk e.g share your feelings with someone	Choose a support group
Try to smile	Share your feelings and experiences with your friends and family. Don't accumulate them in your mind
Feel the atmosphere	Do healthy activities on daily basis e.g meditation, sports, etc
Smell a soothing fragrance	
Walk for 10 minutes	

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Randy Davidson

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Reshaping STEM Education: Strategies for Curriculum Decolonization and Institutional Transformation Zahid Pranjol, Alia Amir, 2025-11-13 The field of STEM higher education is currently grappling with the imperative need for transformative discourse to address its historical epistemological and colonial underpinnings. Despite significant advancements in STEM disciplines, there remains a critical gap in inclusivity and equity within higher educational institutes. Recent studies have highlighted the persistent colonial structures that shape STEM education, often marginalizing diverse voices and perspectives. Efforts to decolonize STEM education are gaining momentum, yet there is a pressing need for comprehensive research and reflective insights to uproot these entrenched structures. This research topic aims to address these gaps by fostering a robust dialogue that transcends traditional boundaries, promoting a deeper understanding of the challenges and opportunities in reshaping STEM education through decolonial lenses. This research topic aims to provide a scholarly platform for researchers, educators, and practitioners to contribute groundbreaking research and reflective insights on decolonizing STEM higher education. The primary goal is to facilitate a robust dialogue that transcends traditional boundaries, fostering a deeper understanding of the challenges and opportunities in reshaping STEM education through decolonial lenses.

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